

Useful Hints

Woman and Home

Ethical Talks

Little Bobbie's Pa

verses on What a Strange Thing Is Life.

By William F. Kirk.

Pa was eating his breakfast when he didn't say a word for some time. It seems to be the matter with Lord & head of the house this morning. You are about as a wooden Indian. By this time, you would have been saying at least 10,000 words, but you don't speak. I have you been thinking of, a strange thing is life, sed Ma, a bubble, a mist that fades and drops that dries up in the sun, sed Pa. Life may be everything but it seems to me that to know life is a bit of this. The air is like it may seem like vary you, tho, sed Pa.

Like to Cheer Up. I suppose that wud cheer up, sed Pa, but I wish I had been in moar peaceful times. Little Bobbie cud also I did, in sum butful thing fought excep wild. I suppose that wud cheer up, sed Pa, but I wish I had been in moar peaceful times. Little Bobbie cud also I did, in sum butful thing fought excep wild.

sed Ma, you were America, in a voice up most of America Ma sed. Talk it Over. At way wen I cum hart bubbles oaver I am approach-ing & the finest little town, as I sing, low & sweet, and such as last nite, unds & I cut loose. Hun, Pa sed. It is

labors, too, sed Ma, new last nite how suppons they are hare brekfue. I care, sed Pa. I about, he sed to untimes they git praises. A man franks as me, sed I frank crit-sim-always have is jest the salm after this you ettel less cheer-moar cheerful to sing at the you to rec-ill, dearest, she all I shud be ment moods. I you will be feel-ly the symptoms one years.

Year. m Skirt and ervice. but an old the world is shouting and bad bar-hung with here and a some in-the havo are usually rocks, and ited ward-igness of ed talleur, ars it out, limited to no blush again and is idea of occasion ear. Wo-do it. lth wear ascending. te free-vidences women on show and they e span-ciples. The and rea-

THEY'RE ALL DECEIVERS. Shure, an niver trust a policeman. 're a deevlin' lot." They are that. Me man Meke was mpletely taken in by one last night. 'sasn't got out yet."

sons. It behooves every woman to learn something about them. Was there ever such a season of navy, midnight and crow's blue? It seems as if every woman in the civilized world who possesses the price also possesses a tallleur of blue serge or gabardine. Checks have been swept away in the tidal wave of navy shades. We rather credit the phenomenon to the prevailing tendency toward thrift. Women are learning that money flinging is not evidence of culture but evidence of lack of it, and that wellbred women invest cash carefully. The blue suit is the best investment for spring, principally because it is a good autumn color, too, and does not look shivery when the blasts of winter come.

Gaze, then, please, upon the "dere hart" in the illustration. Her suit for "gallumping" around is of blue serge, the skirt being nothing but plaits and the jacket not much more. There is a deep yoke, extending below the line of the bust, and from that line more



Blue Serge Suit.

plaits are attached. In spite of the plaits, two slanting pockets appear, giving a new touch to a mode that is not strictly new, but which is so good that the fact does not matter. A white pique collar is detachable, and can be varied by the substitution of a collar of broadcloth in peach, lemon or any of the new soft, light shades that are so popular this season. The shops are offering some extremely smart sports hats in novelty Panamas. They are trimmed with ribbons and beads, much after the fashion of what we used to know as the English walking hat. A Watteau shaped leghorn with tussan edge has chiffon in Yale blue as a facing for the brim. The trimming consists of three bouquets of heather and novelty roses in Erte shades. Strips of black velvet and white tagal braid are so put together as to produce a hat, and the effect is splendid. The single decoration consists of a white ivory harness ring. Felt hats are bound to be worn during the season, and there appears to be rivalry between solid white and vivid shades. (Copyright, 1916, by J. Keeley.)

A Swinging Shelf

A swinging shelf is one of the most convenient things for the kitchen or dining-room. The shelf should be of convenient width and the length should conform to the situation in which it is placed. A board, or boards joined together, about two feet wide and as long as you like it, should have attached to the front side of it by a hinge a leg or standard, or there may be two, one at each end. The back of the shelf should be joined to the wall by hinges or hooked to the wall. There is nothing more convenient, yet few kitchens have them.

The Coated Tongue

Nerve Strain May Cause It

When you feel ill and go to see a doctor, usually the first thing he says is, "Let me see your tongue." If he is abreast of the times, probably he looks at your tongue largely from force of habit, and not because he feels sure that what he sees there is going to be of much assistance to him in finding out what ails you. The old idea that a coated tongue is a certain indication of some disturbance of the digestive apparatus is pretty well exploded. Physicians of the old school used to think that they could tell pretty accurately by looking at the tongue how a person's stomach, liver or bowels were working, but science has now found out that other things beside digestive troubles may produce marked changes in the appearance of the tongue. A coated tongue is one of the symptoms which develops after a fracture of the base of the skull. This fact leads to the belief that various disturbances of the nerve centers may lead to this condition, and that it is not by any means always a sign of digestive trouble. Persons with disordered nerves, particularly those of the hypochondriacal type, frequently have heavily furred tongues. We can be sure of one thing—a coated tongue is not necessarily a sign that there is anything wrong with your digestion. The trouble may be eye-strain, overwork, lack of sleep, or any one of a number of other things, that is upsetting your nerves.

Menu Suggestions

Breakfast.
Stewed Apples Cereal with Milk
Broiled Bacon Scrambled Eggs
Popovers Coffee

Lunch.
Tomato and Lettuce Salad
Crackers Cheese
German Coffee Cake Tea

Dinner.
Cream of Carrots Crackers
Braised Liver, Brown Sauce
Creamed Spinach Rice
Lettuce and Pepper Salad
Angel Food Cake Cheese Balls
Coffee

MOVEMENT COLLAPSES

Mayor Ainslie Not Encouraged to Inaugurate Preparedness Parade in Richmond.

Having received reply to only 42 per cent of the letters he wrote to representative citizens to learn from them the trend of public sentiment in regard to a "preparedness" parade, Mayor Ainslie said yesterday that he would not inaugurate such a movement. The Mayor consulted sixty-seven men prominently connected with various civic and social organizations, asking them their opinion as to the desirability of such a parade, and whether the organizations to which they respectively belong would take part. Less than half responded, and of those who did, not all were in favor of the movement. Unless further effort in behalf of the movement be made, it is likely that a parade will not be held in Richmond. Request for a "preparedness" parade was communicated to the Mayor by Lieutenant-Colonel Allen Potts, representing a national association for preparedness.

Two Judgments Rendered.
Two judgments were rendered yesterday in the Law and Equity Court in favor of Alvey Brothers, grain dealers. The first judgment was for \$57.92, against M. E. Garthright, and the second was for \$30, against M. E. and Alvin Garthright.

POLICE CHANGES

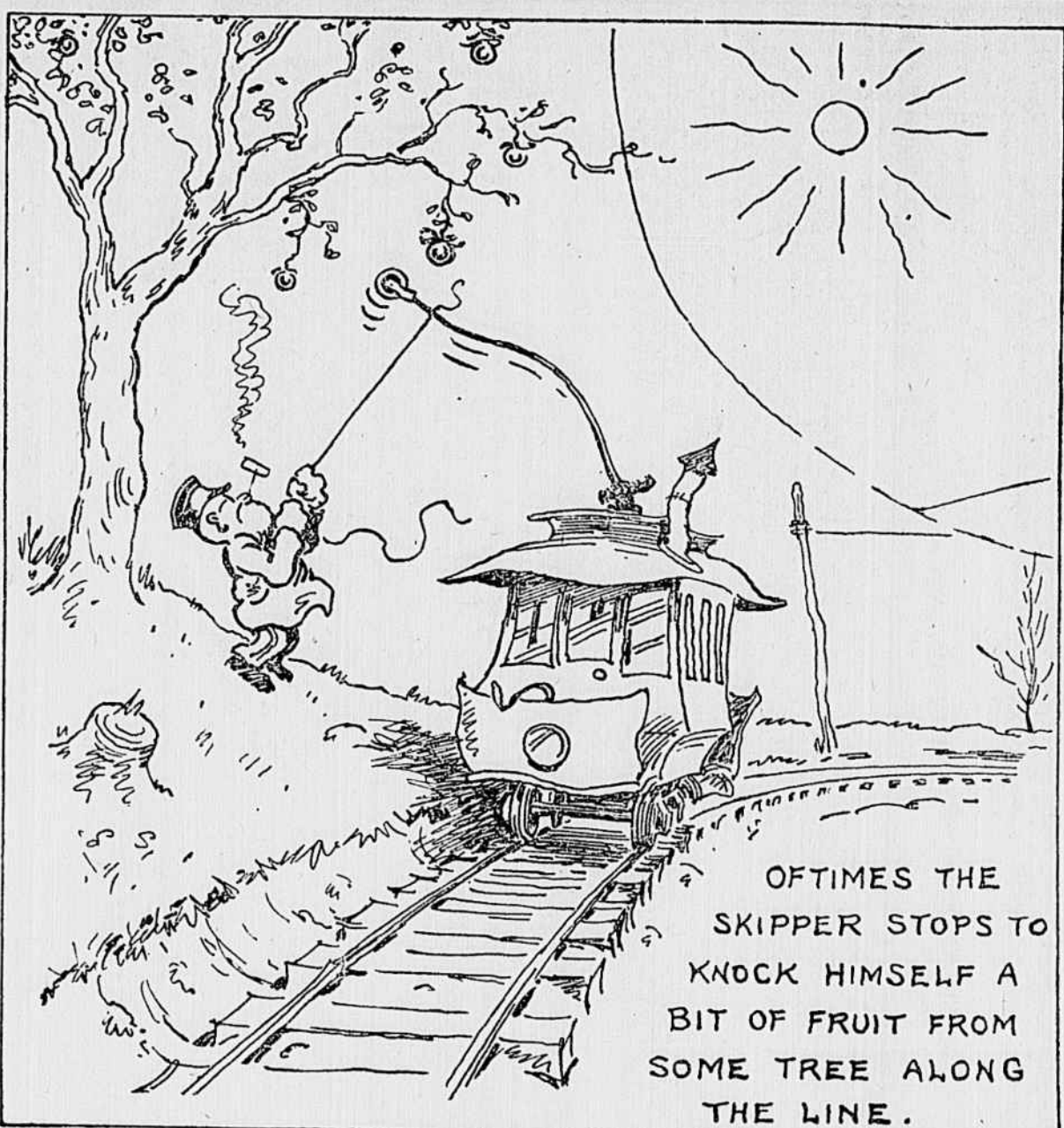
Captain Sowell Goes to Second District and Captain Sherry Sent to First.

Major Werner yesterday announced that Captain Sowell, for several years captain of the First Precinct, would be transferred to the Second Precinct, and that Captain Sherry, elected to succeed the late Captain Epps, of the Second District, would be shifted to the downtown section. The order is due to the rule that po-

The Toonerville Trolley Which Meets All Trains

By Fontaine Fox

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OFTIMES THE SKIPPER STOPS TO KNOCK HIMSELF A BIT OF FRUIT FROM SOME TREE ALONG THE LINE.

lice captains must reside in the districts of which they are in charge.

Sergeant W. B. Whitlock, who was elected to a sergeantcy when Captain Sherry was promoted to a captaincy, will be shifted to the First District and Sergeant Jordan will be assigned to duty in the up-town precinct.

Negro Prisoner Escaped.
The police were informed yesterday that John West, colored, had escaped from the State Farm yesterday morning, and that he was making his way toward Richmond.



What Does Your Food Cost?

You could easily spend two dollars for a meal and not get as much real, body-building nutriment as you get in two Shredded Wheat Biscuits, the food that contains all the muscle-making material in the whole wheat grain prepared in a digestible form. Two Shredded Wheat Biscuits with milk or cream will make a complete, perfect meal, at a cost of not over five cents. A food for youngsters and grown-ups. Eat it for breakfast with milk or cream; eat it for luncheon with fresh berries or other fruits. Made at Niagara Falls, N. Y.



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